



FATS/OILS:

CLEANING UP YOUR DIET BY USING THE RIGHT FATS & OILS IS ESSENTIAL TO IMPROVING YOUR HEALTH FROM THE INSIDE OUT.

WHICH TO EAT:

SATURATED FOR HOT USES

Non-animal fats, organic, unrefined forms are ideal

- COCONUT
- PALM
- MCT OIL

Animal fats, from pasture-raised/ grass-fed & organic sources are ideal

- BUTTER
- GHEE
- TALLOW
- SCHMALTZ(CHICKEN FAT)
- LAMB FAT
- DUCK FAT
- GRASS-FED DAIRY
- EGGS, MEAT & SEAFOOD

UNSATURATED FOR COLD USES

Organic, extra virgin and cold-pressed forms are ideal

- OLIVE OIL
- OLIVES AND AVOCADO OIL
- NUT OILS (WALNUT, PECAN, MACADAMIA)
- FLAXSEED OIL
- AVOCADO
- NUTS & SEEDS (INCLUDING NUT & SEED BUTTERS)

NOTE: Unsaturated fats (typically liquid at 68 degrees room temperature) are easily damaged/oxidized when heat is applied to them. We do not want to consume damaged fats.

WHICH TO DITCH:

SATURATED

Man-made fats are never healthy. Trans-fats are particularly harmful.

- Margarine
- Hydrogenated or partially hydrogenated oils man-made trans-fats often found in "buttery spreads" including oil blends like Earth Balance, Benecol and I Can't Believe It's Not Butter to name a few.

UNSATURATED

These oils are highly processed and oxidize easily via one or more of the following: light, air or heat. Consuming oxidized oils is never healthy.

- CANOLA OIL
- SUNFLOWER OIL
- (ALSO KNOWN AS
- SAFFLOWER OIL
- RAPESEED OIL)
- RICE BRAN OIL
- CORN OIL
- COTTONSEED OIL
- VEGETABLE OIL
- SESAME OIL
- SOYBEAN OIL
- PEANUT OIL
- GRAPESEED OIL